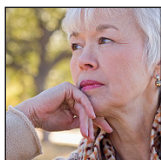


# Diabetes HealthSense

Resources for living well

Diabetes HealthSense provides easy access to more than 160 resources to help you live well and meet your goals—whether you have diabetes or are at risk for the disease.

Find resources to:



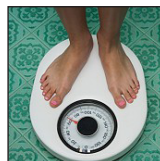
cope with stress & emotions



eat healthy



be active



manage your weight

[www.YourDiabetesInfo.org/HealthSense](http://www.YourDiabetesInfo.org/HealthSense)

## Submit a Resource

NDEP seeks to identify research articles, tools and programs that help people with diabetes, people at risk for the disease and those who care for them in self-management efforts that contribute to improved health outcomes. Resources included in Diabetes HealthSense must clearly address how to implement a change in behavior, be accessible to the public, and contain limited or no advertising of commercial products.

If you know of a resource that might support this initiative, please complete a submission form at [www.YourDiabetesInfo.org/HealthSense/SubmitResource](http://www.YourDiabetesInfo.org/HealthSense/SubmitResource).